

Tossed Salad

Makes: 6 Servings

Ingredients

1/2 pound Lettuce, Romaine
1 Carrot, small
1 stalk celery
1 tomato, small
1/2 cucumber
2 ounces Broccoli or cauliflower, fresh
1/4 cup Corn or peas, frozen
3/4 cup Salad dressing, low-fat

Directions

1. Wash vegetables thoroughly and drain.
2. Tear lettuce into bite-size pieces and place in bowl.
3. Add the peas or corn to the lettuce.
4. Chop remaining vegetables into small pieces; add to the bowl and mix.
5. Serve with low-fat salad dressing and enjoy!